

General Certificate of Secondary Education

B451

Physical Education

An Introduction to Physical Education

Specimen Paper

Time: 45 minutes

Candidates answer on the question paper.

Additional materials:

Candidate
Forename

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Candidate
Surname

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Centre
Number

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Candidate
Number

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INSTRUCTIONS TO CANDIDATES

- Write your name in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each answer carefully and make sure you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do not write in the bar codes.
- Do not write outside the box bordering each page.
- Write your answer to each question in the space provided.

INFORMATION FOR CANDIDATES

- The number of marks for each question is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is 40.

Section A

Answer **all** questions.

- 1 One of the functions of the human skeleton as part of a healthy, active body is to provide:
 - (a) Oxygen to the body.
 - (b) Protection to the internal organs.
 - (c) A source of vitamins.
 - (d) Warmth for the body.
- 2 The stork stand test is used to measure which fitness component?
 - (a) Balance.
 - (b) Strength.
 - (c) Reaction time.
 - (d) Flexibility.
- 3 In the heart where is the tricuspid valve found?
 - (a) Between the left and right atria.
 - (b) Between the right atrium and the vena cava.
 - (c) Between the right atrium and the right ventricle.
 - (d) None of the above.
- 4 Skilled performers in physical education are different to unskilled performers because they:
 - (a) Try harder.
 - (b) Are more outgoing.
 - (c) Are more co-ordinated.
 - (d) Try less hard.
- 5 Red blood cells are important to the performer in a physical activity because:
 - (a) They contain clotting agents
 - (b) They transport oxygen around the body
 - (c) They protect the body from viruses
 - (d) They carry hormones around the body
- 6 Which one of the following is NOT a role of the National Governing Bodies in sport?
 - (a) Agree rules and regulations.
 - (b) Organise competitions.
 - (c) Ensure health and safety guidelines are in place.
 - (d) Make money for share-holders.

7 Cardiac output is:

- (a) The amount of blood pumped by the heart in one minute.
- (b) The amount of blood pumped by the heart in one beat.
- (c) The amount of beats the heart makes in one minute.
- (d) None of the above.

8 One of the factors that do NOT affect participation in an active, healthy lifestyle is:

- (a) Age.
- (b) Gender.
- (c) Reaction time.
- (d) Smoking.

9 Why is personal hygiene important in physical education?

- (a) To avoid minor infections.
- (b) To be a more successful performer.
- (c) To be able to lift and carry equipment safely.
- (d) None of the above.

10 A secondary school is trying to encourage participation in an active, healthy lifestyle.

Which piece of advice would you give to encourage a healthy, active lifestyle?

- (a) Make lunchtime sport compulsory for all.
- (b) Run teams only for the very best performers.
- (c) Run sports clubs during week-ends only.
- (d) None of the above.

11 Which of the following would be categorised as an 'irregular bone'?

- (a) The Scapula.
- (b) The Patella.
- (c) The Vertebrae.
- (d) The Pelvis.

12 A major muscle group that is responsible for movement around the shoulder is:

- (a) The biceps.
- (b) The abdominals.
- (c) The quadriceps.
- (d) The deltoids.

[Turn over

13 Which of the following is a **skill** rather than ability?

- (a) Speed.
- (b) Catching.
- (c) Reaction Time.
- (d) Balance.

14 Which of the following statements best describe the function of tendons?

- (a) They attach muscle to muscle.
- (b) They attach muscle to bone.
- (c) They attach bone to bone.
- (d) They produce powerful contractions.

15 Hypertrophy is an increase in:

- (a) Muscle size due to increased physical activity.
- (b) Lung capacity due to increased physical activity.
- (c) Cardiac output due to increased physical activity.
- (d) Calcium production due to increased physical activity.

16 A good example of a hinge joint would be:

- (a) Knee.
- (b) Shoulder.
- (c) Hip.
- (d) Ankle.

17 A good exercise programme to improve flexibility might involve:

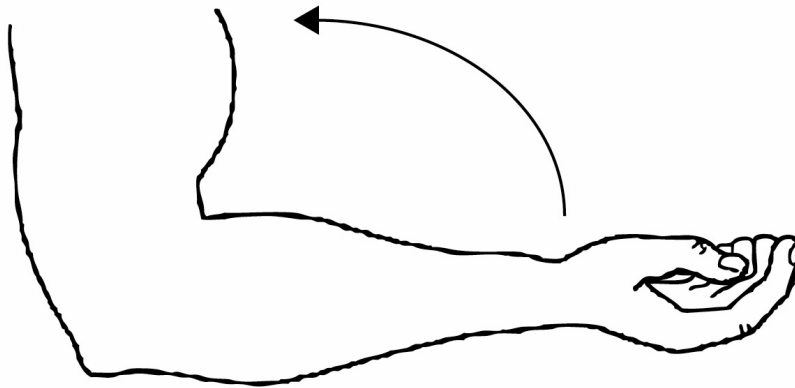
- (a) Plyometrics.
- (b) Interval training.
- (c) Body pump.
- (d) Yoga.

18 The following are both examples of carbohydrates:

- (a) Cheese and fish.
- (b) Bananas and bread.
- (c) Cereal and meat.
- (d) Eggs and mushrooms

19 One of the following is NOT related to the respiratory system:

- (a) Tidal volume.
- (b) Minute volume.
- (c) Breathing rate.
- (d) Stroke volume.

20 Diagram of a biceps curl

The diagram above shows a biceps curl with the lower arm moving towards the upper arm. Which one of the following describes this movement?

- (a) Abduction.
 - (b) Adduction.
 - (c) Extension
 - (d) Flexion.
- 21** Which of the following activities would be best described as both aerobic AND anaerobic?
- (a) Sprinting
 - (b) Long jump
 - (c) Weightlifting
 - (d) Tennis
- 22** Natalie has decided to take up cross-country running. Which type of training would be most suitable for this activity?
- (a) Circuit training
 - (b) Weight training
 - (c) Continuous training
 - (d) Flexibility training
- 23** After an hour's vigorous exercise programme, a 16-year-old male, who does not train regularly, has some short-term effects on his body. Which one of the following would you NOT expect to happen after such a short exercise programme?
- (a) Increase in sweating.
 - (b) High heart rate.
 - (c) Increase in lung volume.
 - (d) Increase breathing rate.

[Turn over

24 Which of the following two articulating bones are associated with the shoulder joint?

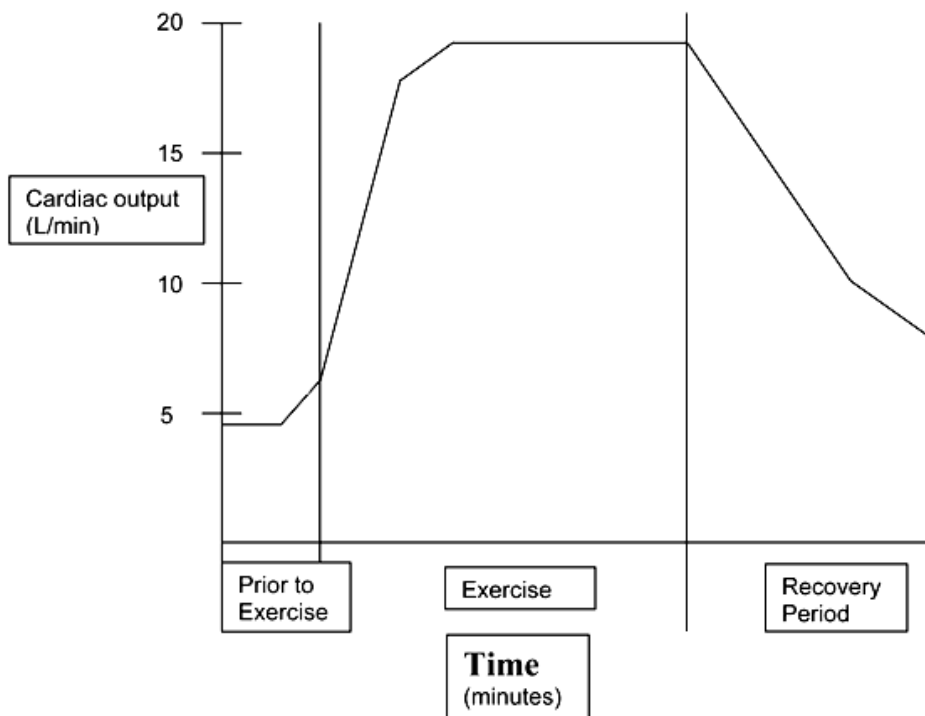
- (a) Scapula and humerus.
- (b) Radius and ulna.
- (c) Clavicle and scapula.
- (d) Humerus and clavicle.

25 The cool-down after exercise is important because:

- (a) Improves oxygen uptake.
- (b) Keeps heart rate high.
- (c) Speeds the removal of lactic acid.
- (d) None of the above.

26 Figure 2 shows a performer's heart rate changing over time, from rest, through exercise and then recovery.

Figure 2



Which of the following is NOT a reason why there is a rise in heart rate before exercise?

- (a) Hormonal action.
- (b) Preparing the body for action.
- (c) Emotional excitement.
- (d) Exercise stimulates the heart.

27 Why does the heart rate increase during exercise?

- (a) To increase the supply of oxygen to working muscles.
- (b) To ensure that oxygen is used well by the working muscles.
- (c) To decrease the supply of oxygen to the lungs.
- (d) To increase sweating.

28 If a performer regularly exercises what would happen to the resting heart rate?

- (a) It will increase.
- (b) It will remain the same.
- (c) It will decrease.
- (d) None of the above.

29 What is the main reason for SMART goal setting?

- (a) To punish those who do not stick to their exercise programme.
- (b) To reward financially if you stick to the exercise programme.
- (c) To check whether the coach is doing a good job.
- (d) To motivate participants to follow an exercise programme.

30 Feedback on performance is especially important because:

- (a) It gives the performer information about the result of the activity.
- (b) It increases competition.
- (c) It helps to control anxiety.
- (d) It helps to improve technique.

31 A young person doing his GCSE's in school no longer participates in exercise. Which of the following could be a reason for this non-participation in exercise?

- (a) Peer pressure to stop exercising.
- (b) Physical Education is not compulsory in Year 11 at school.
- (c) Exercise can stop effective learning.
- (d) None of the above.

32 Which of the following is a potential hazard of a school playing field?

- (a) Correct footwear.
- (b) Discarded litter.
- (c) The sports equipment.
- (d) Other players.

[Turn over

- 33** Cardio-vascular endurance is a component of fitness and a healthy balanced lifestyle. Which of the following describes most accurately cardio-vascular endurance?
- (a) The ability of our heart and lungs to cope with exercise over a long period of time.
 - (b) The ability to use muscles over a long period of time without them getting tired.
 - (c) The amount of force a muscle can exert against a resistance over a long period of time.
 - (d) The ability to change the body's movement quickly over a long period of time.
- 34** Which of the following statements does NOT follow the FITT Principle?
- (a) You should take vigorous exercise at least three times per week.
 - (b) Each exercise session should be at least 20 minutes long.
 - (c) The exercise programme should include different types of activities.
 - (d) You must eat at least five portions of fruit and vegetables each day.
- 35** Participation in physical activities can lead to many health benefits.
- Which of the following is a direct health benefit?
- (a) Learn new movement skills in sport.
 - (b) Make friends.
 - (c) Manage stress more easily.
 - (d) Raise confidence.
- 36** Which one of the following statements best describes the role of the British Olympic Association?
- (a) Promotes local participation in physical activities.
 - (b) Represents the government abroad for sport.
 - (c) Selects the Olympic team members.
 - (d) Organises the British Olympic team.
- 37** It is recognised that participating in physical activities should be played using appropriate codes of behaviour or etiquette.
- Which of the following is an example of good etiquette when performing a physical activity?
- (a) Shaking hands with your opponent at the end of a tennis match.
 - (b) Obeying the referee in football.
 - (c) Shouting 'well played' to one of your team-mates in hockey.
 - (d) Politely questioning a decision made by the referee in basketball.
- 38** Which one of the following is an example of extrinsic motivation?
- (a) Trying to beat your personal best in a 100metre sprint.
 - (b) Participating in badminton for enjoyment.
 - (c) Wanting to swim a length of the swimming baths to gain a badge.
 - (d) Taking up aerobics to get fitter.

39 The recommended amount of exercise for a healthy adult is approximately:

- (a) One hour per week.
- (b) 30 minutes five days per week.
- (c) One hour seven days per week.
- (d) 30 minutes three days per week.

40 Which one of the following shows incorrect information?

- (a) The hand-grip test – tests strength.
- (b) The ruler drop test – tests reaction time.
- (c) The hand to wall toss test – tests power.
- (d) The 12 minute run test – tests cardio-vascular endurance.

Paper Total [40]

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The maximum mark for this paper is 40.

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Question	Answer
1	B
2	A
3	C
4	C
5	B
6	D
7	A
8	C
9	A
10	D
11	C
12	D
13	B
14	B
15	A
16	A
17	D
18	B
19	D
20	D
21	D
22	C
23	C
24	A
25	C
26	D
27	A
28	C
29	D
30	D
31	A
32	B
33	A
34	D
35	C
36	D
37	A
38	C
39	B
40	C

Assessment Objectives Grid

Question	AO1	AO2	AO3	Total
1	1	-	-	1
2	1	-	-	1
3	1	-	-	1
4	1	-	-	1
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36	1	-	-	1
37	1	-	-	1
38	1	-	-	1
39	-	-	1	1
40	1	-	-	1
Totals	30	-	10	40